

I CLAIM:

1. A thermal pack apparatus, comprising:

a shell at least partially filled with a thermal material, the shell including an outer perimeter, opposed sides of the outer perimeter each having a respective notch formed therein, the notched being sized to enable an upper portion of the shell to be folded to form a first end configured to surround a limb on a first side of a joint, and a lower portion of the shell to be folded to form a second end configured to surround the limb on a second side of the joint, the shell further including a central portion configured to act as a hinge to enable flexing of the first end relative to the second end, to thereby accommodate movement of the joint.

2. The thermal pack apparatus of claim 1, wherein the notches are sized to accommodate a knee.

3. The thermal pack apparatus of claim 1, wherein the notches are sized to accommodate an elbow.

4. The thermal pack apparatus of claim 1, wherein the thermal material is a gel.

5. The thermal pack apparatus of claim 4, wherein the thermal material is a silica gel.

6. The thermal pack apparatus of claim 1, wherein the shell further includes a first pair of fasteners positioned respectively on an upper portion of each of the opposed sides, the first pair of fasteners being configured to couple the opposed sides to each other to surround the limb on the first side of the joint.

7. The thermal pack apparatus of claim 6, wherein the shell further includes a second pair of fasteners positioned respectively on an lower portion of each of the opposed sides, the second pair of fasteners being configured to couple the opposed sides to each other to surround the limb on the second side of the joint.

8. The thermal pack apparatus of claim 1, wherein the notch is sized such that the central portion is free to bend to form an acute between the first and second ends of the shell.

9. The thermal pack apparatus of claim 1, wherein the notch is sized such that the central portion is free to bend to form an obtuse angle between the first and second ends of the shell.

10. The thermal pack apparatus of claim 1, wherein the notch is sized such that the central portion is free to bend in one direction to form an obtuse angle, and in an opposite direction to form an acute angle, between the first and second ends of the shell.